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Elementary Level

A. REQUIREMENTS – Health Education

Health education is classroom instruction that addresses the physical, mental, emotional, and social dimensions of health; develops health knowledge, attitudes, and skills; and is tailored to each age level. Health education is designed to motivate and assists students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors.

1. As it applies to your school or school district, is Health Education a <u>required</u> component of the elementary curriculum? (I.e. Is there an actual block of time set aside in the classroom schedule for health education? Is it taught as a stand-alone subject rather than health education lessons integrated into other subjects?)

Yes	35.7% (20 of 56)
No	64.3% (36 of 56)

2. If yes, for which grade levels is Health Education a <u>required</u> component of the elementary curriculum?

Grade Level	Check All That Apply	
K	90.0% (18 of 20)	
1	95.0% (19 of 20)	
2	95.0% (19 of 20)	
3	95.0% (19 of 20)	
4	95.0% (19 of 20)	
5	95.0% (19 of 20)	



B. METHOD OF DELIVERY – Health Education

3. As it applies to your school or school district, please check all sections that apply for the corresponding school grade levels in regard to **how Health Education** is taught.

Grade Level	Health Education is taught as a stand-alone subject.	Health Education is taught in a combined Health and Physical Education class.	Health Education is incorporated into general classroom lessons.
K	7.1% (4 of 56)	30.1% (17 of 56)	73.2% (41 of 56)
1	10.7% (6 of 56)	30.1% (17 of 56)	71.4% (40 of 56)
2	12.5% (7 of 56)	30.1% (17 of 56)	67.9% (38 of 56)
3	12.5% (7 of 56)	30/1% (17 of 56)	71.4% (40 of 56)
4	12.5% (7 of 56)	32.1% (18 of 56)	66.1% (37 of 56)
5	10.7% (6 of 56)	28.6% (16 of 56)	66.1% (37 of 56)

4, As it applies to your school or school district, please check all sections that apply for the corresponding school grade levels in regard to **who** is teaching **Health Education.**

Grade Level	Health Education is taught by the general classroom teacher.	Health Education is taught by the Health and/or Physical Education teacher.	Health Education is taught by other staff. (Identified below in continued section)
K	67.9% (38 of 56)	33.9% (19 of 56)	21.4% (12 of 56)
1	66.1% (37 of 56)	37.5% (21 of 56)	21.4% (12 of 56)
2	64.3% (36 of 56)	37.5% (21 of 56)	23.1% (13 of 56)
3	64.3% (36 of 56)	39.3% (22 of 56)	28.6% (16 of 56)
4	62.5% (35 of 56)	41.1% (23 of 56)	28.6% (16 of 56)
5	58.9% (33 of 56)	35.7% (20 of 56)	32.1% (18 of 56)

4, (Continued)

Grade Level	Health Educat Counselor, Nu	ion is taught by other staff. (Please identify by title. I.e. rse, etc.)
K	21.4% (12 (Nurse (3) A nurse or Counselor provides some support for topics such as hygiene, body changes, etc. Teachers aid, PE, specialist Counselor (3)
1	21.4% (12 (Nurse (3) A nurse or Counselor provides some support for topics such as hygiene, body changes, etc. Teachers aid, PE, specialist Counselor (3) Paraprofessional
2	23.1% (13 c	 Nurse (3) A nurse or Counselor provides some support for topics such as hygiene, body changes, etc. Teachers aid, PE, specialist Counselor (3) Paraprofessional
3	28.6% (16 (Nurse (4) A nurse or Counselor provides some support for topics such as hygiene, body changes, etc. Teachers aid, PE, specialist Counselor (5) Paraprofessional Diabetes Team 30 min x mo to classroom
4	28.6% (16 c	 Nurse (4) A nurse or Counselor provides some support for topics such as hygiene, body changes, etc. Teachers aid, PE, specialist Counselor (5) Paraprofessional SDSU student nurses
5	32.1% (18 0	 Nurse (6) A nurse or Counselor provides some support for topics such as hygiene, body changes, etc. Teachers aid, PE, specialist Counselor (6) Paraprofessional SDSU student nurses CO. health nurse Science

C. FREQUENCY - Health Education

5. As it applies to your school or school district, please provide information about the **frequency** in which **Health Education** is taught for each corresponding grade level.

Grade Level	Average Minutes/Day (# responses)	Average Days/Week (# responses)	Average Weeks/Year (# responses)
K	20.2 minutes (31)	2.1 days (29)	30.0 weeks (30)
1	22.7 minutes (31)	1.8 days (29)	29.8 weeks (30)
2	22.5 minutes (32)	1.9 days (30)	29.6 weeks (31)
3	22.5 minutes (32)	2.2 days (30)	29.6 weeks (31)
4	25.1 minutes (32)	2.2 days (30)	29.7 weeks (31)
5	24.2 minutes (30)	2.0 days (28)	31.6 weeks (29)

D. BARRIERS - Health Education

A "quality" Health Education program is highly interactive and provides ways for students to personalize information and skills so that it is immediately relevant to their lives.

6. As it applies to your school or school district, please indicate a primary (#1) and a secondary (#2) barrier to the implementation of <u>quality</u> **Health Education.**

Barrier	Primary	Secondary
Funding	25.5% (14 of 55)	29.1% (16 of 55)
Support	1.8% (1 of 55)	9.1% (5 of 55)
Time	78.2% (43 of 55)	16.4% (9 of 55)
Facilities	7.3% (4 of 55)	9.1% (5 of 55)
Qualified Staff	12.7% (7 of 55)	14.5% (8 of 55)
Other	0.0% (0 of 55)	0.0% (0 of 55)

Other Comments:

- NCLB
- District focus for elementary health using health smart curriculum taught by health and fitness instructors major focus is nutrition and safety. Counselors also spend time in classrooms practicing lessons on mental and emotional health
- Only so many minutes in a day

E. REQUIREMENTS – Physical Education

The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Physical education is not physical activity lessons integrated into other subjects. It is not recess, intramural activities, open gym, physical activity clubs, or school sports.

7. As it applies to your school or school district, is **Physical Education** a <u>required</u> component of the elementary curriculum in your school? (I.e. Is there an actual block of time set aside in the classroom schedule for physical education? Is it taught as a stand-alone subject rather than physical activity integrated into other subjects?)

Yes	100.0% (56 of 56)
No	0.0% (0 of 56)

8. If yes, for which grade levels is Physical Education a <u>required</u> component of the elementary curriculum?

Grade Level	Check All That Apply	
K	100% (56 of 56)	
1	100% (56 of 56)	
2	100% (56 of 56)	
3	100% (56 of 56)	
4	100% (56 of 56)	
5	94.6% (53 of 56)	

F. METHOD OF DELIVERY – Physical Education

9. As it applies to your school or school district, please check all that apply for the corresponding school grade levels in regard to **who** is teaching **Physical Education.**

Grade Level	Physical Education is taught by the general classroom teacher.	Physical Education is taught by the Health and/or Physical Education teacher.	Physical Education is taught by other staff. (Please identify by title. I.e. Computer, Reading Recovery, etc.)
K	3.5% (2 of 56)	96.4% (54 of 56)	0.0% (0 of 56)
1	1.8% (1 of 56)	98.2% (55 of 56)	0.0% (0 of 56)
2	1.8% (1 of 56)	96.4% (54 of 56)	0.0% (0 of 56)
3	1.8% (1 of 56)	98.2% (55 of 56)	0.0% (0 of 56)
4	1.8% (1 of 56)	98.2% (55 of 56)	0.0% (0 of 56)
5	1.8% (1 of 56)	94.6% (53 of 56)	0.0% (0 of 56)

10. As it applies to your school or school district, please check all sections below that apply for the corresponding school grade levels in regard to **how Physical Education** is taught.

Grade Level	Physical Education is taught as a standalone subject.	Physical Education is taught in a combination course with Health Education.
K	98.2% (55 of 56)	1.8% (1 of 56)
1	96.4% (54 of 56)	3.6% (2 of 56)
2	96.4% (54 of 56)	3.6% (2 of 56)
3	94.6% (53 of 56)	3.6% (2 of 56)
4	96.4% (54 of 56)	3.6% (2 of 56)
5	91.1% (51 of 56)	3.6% (2 of 56)

G. FREQUENCY – Physical Education

11. As it applies to your school or school district, please provide information about the **frequency** in which **Physical Education** is taught.

Grade Level	Average Minutes/Day (# responses)	Average Days/Week (# responses)	Average Weeks/Year (# responses)
K	29.7 minutes (50)	2.36 days (51)	36.4 weeks (45)
1	31.2 minutes (50)	2.42 days (51)	36.9 weeks (45)
2	31.2 minutes (50)	2.40 days (51)	36.9 weeks (45)
3	32.8 minutes (50)	2.37 days (51)	36.9 weeks (45)
4	33.7 minutes (50)	2.40 days (51)	37.6 weeks (45)
5	35.0 minutes (49)	2.30 days (50)	37.4 weeks (45)

H. BARRIERS – Physical Education

A "quality" Physical Education program provides learning experiences that meet student's developmental needs, which in turn helps to improve their mental alertness, academic performance, and readiness and enthusiasm for learning. It includes the following components: opportunities to learn, meaningful content and appropriate instruction.

12. As it applies to your school or school district, please indicate a primary (#1) and a secondary (#2) barrier to the implementation of quality **Physical Education.**

Barrier	Primary	Secondary
Funding	28.9% (15 of 52)	23.1% (12 of 52)
Support	3.8% (2 of 52)	7.7% (4 of 52)
Time	69.2% (36 of 52)	21.2% (11 of 52)
Facilities	15.4% (8 of 52)	13.5% (7 of 52)
Qualified Staff	7.7% (4 of 52)	14.4% (8 of 52)
Other	0.0% (0 of 52)	0.0% (0 of 52)

Other Comments:

- We have a great PE program of excellent quality
- Only so many minutes in a day & money
- District very fortunate and committed to provide health/fitness education to students daily